

## Berry Bars

Makes 12 bars

### Filling:

- 2 cups fresh or frozen blackberries or raspberries
- 2 tablespoons sugar
- 2 tablespoons water
- 1 tablespoon lemon juice
- ½ teaspoon cinnamon



1. In a medium saucepan, combine berries, sugar, water, lemon juice, and ½ teaspoon cinnamon
2. Bring to a boil. Reduce heat and and simmer uncovered for about 10 minutes or until slightly thickened. Stir frequently. Remove from heat.

### Bar:

- 1 cup all purpose flour
  - 1 cup quick cooking rolled oats
  - ⅔ cup packed brown sugar
  - ¼ teaspoon ground cinnamon
  - ½ cup margarine or butter, melted
  - ⅛ teaspoon baking soda
1. Preheat oven to 350°F.
  2. In a mixing bowl, stir together flour, oats, brown sugar, ¼ teaspoon cinnamon, and baking soda.
  3. Stir in melted margarine or butter. Mix until thoroughly combined. Set aside 1 cup of the oat mixture for topping.

**(Over)**

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**(Over)**

4. Press remaining oat mixture into an ungreased 8 x 8 x 2-inch pan.
5. Bake at 350°F for 15-20 minutes or until lightly browned.

**To assemble bars:**

1. Spread berry filling on top of baked crust.
2. Sprinkle 1 cup oat mixture evenly over the top. Lightly press oat mixture into filling.
3. Bake at 350°F for 20 more minutes or until topping is set. Cool on a wire rack and cut into bars.

**Serving tip:** Berry Bars are good for breakfast, as well as a snack.

Recipe from Oregon Raspberry and Blackberry Commission website:  
[www.oregon-berries.com](http://www.oregon-berries.com)

**Kitchen Helpers!**

**3-year-olds** are able to mix ingredients in a bowl! Have them help you mix the oat mixture together.

**5-year-olds** can measure ingredients. Let them try measuring the flour and packing the brown sugar into the measuring cup.



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Adapted by the WA State WIC Nutrition Program  
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